



American Heart Association: To Your Health! A Guide to Heart-Smart Living

American Heart Association

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Whether you're a couch potato, diet dropout, or heavy smoker, it's hard to change old habits. But with this step-by-step guide, you can do it!

You'll learn how to set realistic goals and follow through on them, plus stick to your new healthful habits. Stories of how other real people overcame the same hurdles will motivate you.

- * Find physical activities that are fun for you. Reward yourself in healthful ways for your fitness achievements.
- * Create a personalized eating plan that you can really live with
- * Learn how to identify your most common smoking triggers. Discover ways to beat those urges and kick the habit for good.
- * Find out how to get reliable information and become proactive about your health.

This friendly little book is filled with tips and can help you change for the better. You'll take charge of your health and celebrate again and again. To your Health!

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Gracie Thomas:

The knowledge that you get from American Heart Association: To Your Health! A Guide to Heart-Smart Living is a more deep you excavating the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to understand but American Heart Association: To Your Health! A Guide to Heart-Smart Living giving you joy feeling of reading. The author conveys their point in certain way that can be understood by means of anyone who read it because the author of this guide is well-known enough. This kind of book also makes your personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having that American Heart Association: To Your Health! A Guide to Heart-Smart Living instantly.

Arthur Atwood:

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Jesus Sandiford:

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Millicent Doty:

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